

Understanding The Role Of Folic Acid In Preconception Care

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CME Test Questions

1. What are the 3 components of preconception care, according to the Centers for Disease Control and Prevention's Select Panel on Preconception Care?
 - a. Conducting health promotion for all women of reproductive age, diagnosing chronic disease, and counseling against alcohol and tobacco use.
 - b. Providing family planning resources, connecting women to prenatal care providers, and ensuring access to counseling regarding breastfeeding.
 - c. Screening women for known risks of adverse pregnancy outcomes, delivering interventions for the known risks, and providing prenatal care throughout the pregnancy
 - d. Conducting health promotion for all women of reproductive age, screening women for known risks of adverse pregnancy outcomes, and delivering interventions for the known risks

2. Preconception care is most important for
 - a. All women of childbearing potential
 - b. Adolescents
 - c. Women aged 20-35
 - d. Women aged 35 and older

3. Why is it important to include information about folic acid in preconception counseling?
 - a. Many women are not aware that it is important to take folic acid before becoming pregnant.
 - b. Women need to be informed that they should start taking folic acid as soon as they become pregnant.
 - c. Most prenatal vitamins do not include folic acid.
 - d. Most multivitamins do not include folic acid.

4. Folic acid is recommended prior to pregnancy because:
 - a. It is helpful for women to develop the habit of taking folic acid before it is actually needed.
 - b. Folic acid helps reduce the risk of neural tube defects, which occur early in fetal development and often before a woman knows she is pregnant.
 - c. Folic acid cannot be detected in the body until several months after a woman begins taking supplements.
 - d. Folic acid helps with fertility, increasing the chance that a woman will achieve a desired pregnancy.

5. According to the Select Panel on Preconception Care, convened by the Centers for Disease Control and Prevention, what is the recommended intake of folic acid for women of reproductive age who are at average risk of having a pregnancy affected by neural tube defects?
 - a. Women should obtain 400 mcg (0.4 mg) of folic acid daily from supplements or enriched foods, as well as eating a folate-rich diet.
 - b. Women should obtain 400 mcg (0.4 mg) of folic acid daily, which can come from supplements, enriched foods, or a folate-rich diet.
 - c. Women should obtain 4,000 mcg (4 mg) daily from supplements or enriched foods, as well as eating a folate-rich diet.
 - d. Women should obtain 4,000 mcg (4 mg) daily, which can come from supplements, enriched foods, or a folate-rich diet.

6. According to the American Academy of Pediatrics, what is the recommended dose of folic acid for a woman of childbearing potential who has had a prior pregnancy affected by a neural tube defect?
 - a. 400 mcg (0.4 mg) daily
 - b. 1,000 mcg (1.0 mg) daily
 - c. 1,500 mcg (1.5 mg) daily
 - d. 4,000 mcg (4 mg) daily

7. Regarding folic acid intake, which of the following is correct?
 - a. On average, women in minority groups are more likely to obtain 400 mcg (0.4 mg) of folic acid from food sources, compared to white women.
 - b. In general, all women in the U.S. have similar levels of folic acid intake.
 - c. Natural folate from food is less bioavailable than folic acid from supplements.
 - d. The amount of natural folate in a given type of food is the same regardless of preparation.

8. Breakfast cereals are often fortified with folic acid. How much is in a typical breakfast cereal?
 - a. Patients can rely on obtaining 400 mcg (0.4 mg) of folic acid from a serving of most breakfast cereals.
 - b. Breakfast cereals never contain more than 100 mcg (0.1 mg) of folic acid per serving.
 - c. Folic acid content varies, so patients who wish to obtain folic acid from breakfast cereal should be advised to read the label.
 - d. The folic acid in cereal is not readily bioavailable, so patients should be advised that this is not a good source.

9. How much folic acid is found in a typical multivitamin?
 - a. None; an extra folic acid supplement is necessary.
 - b. Most contain at least 400 mcg (0.4 mg) of folic acid.
 - c. Most contain at least 1,000 mcg (1.0 mg) of folic acid.
 - d. Most contain at least 4,000 mcg (4.0 mg) of folic acid.

10. Which of the following is the most appropriate time to address issues of preconception care with women of childbearing potential?
 - a. When a woman expresses an interest in becoming pregnant
 - b. When a woman is treated for an STD
 - c. As a routine part of every visit
 - d. When a woman expresses interest in making changes for a healthy lifestyle

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